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SMOOHTIES



# Alkoholfreie Getränke Rezepte Sportler Smoothies

## Ebook

**Amanda Cross**

## Alkoholfreie Getränke Rezepte Sportler Smoothies Ebook:

*The Plant Based Juicing and Smoothie Cookbook* Paul Green, 2021-08 Boosting your health is easier than you think everything that's good for you can be made more delicious with a smoothie America is facing a health crisis and it's not the one making the headlines Over the past decade there's been a sharp rise in the number of people developing chronic health conditions including Type 2 diabetes heart disease and some cancers But the shocking truth is that it could have been stopped in its tracks The CDC estimates that lifestyle changes can ward off over 80% of all heart disease stroke and Type 2 diabetes cases And that's where a plant based diet comes in With stars as diverse as Lizzo Joaquin Phoenix and Miley Cyrus hopping on the vegan bandwagon it's clear that this is more than a celebrity craze this is a trend that's here to stay and for good reason In fact the areas of the world with the highest life expectancies the so called blue zones follow a largely plant based diet The arguments are compelling but many people are put off by the thought of learning a whole new way of cooking and navigating complex recipes and unfamiliar ingredients Are you one of them You're not alone a survey showed that 80% of respondents said they thought transitioning to a plant based lifestyle would be too complicated to even attempt But there's one powerful weapon that can help you in your quest to become healthier a blender A blender is your answer to taking the hassle out of plant based living With a comprehensive guide to smoothies for every health goal you can drastically increase your intake of the world's most healthy ingredients Whether your goal is weight loss whole body cleansing or boosted energy and immune function a smoothie is a nutritional powerhouse and you can tailor it precisely to your needs In *The Plant Based Vegan Juicing and Smoothie Diet Cookbook* you'll find out how to do just that You'll discover 200 astonishingly simple smoothie and juice recipes organized by health outcome A complete nutritional profile and that all important calorie count for every recipe plus eye catching images so you can see exactly what your glass should look like An easy to navigate index of ingredients so you can search for smoothies based on what's already in your fridge The 1 moment of the day to have a smoothie for maximum health benefits Exactly how to ensure you're getting the most out of your ingredients A comprehensive guide to every kitchen utensil you're going to need don't panic most of them are already in your kitchen A complete guide to the best vegan protein powders so you can make sure every smoothie delivers a powerful punch Kid friendly smoothies get that goodness into your little ones by stealth A quick guide to superfoods so you can make easy tweaks according to your health needs The top 8 greens to use for weight loss and how to make sure they're delicious every time And much more Get your blender out browse through the exciting flavor combinations and easy methods and watch your life transform drink by drink The pandemic has shown us it's more important than ever to boost you and your family's immune system Stop making poor food choices today and start tomorrow off right If you're looking for the easiest and tastiest way to boost your health then scroll up and click Add to Cart right now

### **Low-carb Juices and Smoothies** Amanda

Cross, 2005-01-01 Contains 50 mouthwatering nutritious juices and smoothies that use only low carb fruits and vegetables All

the recipes are fully analysed so that you know the exact carb calorie and vitamin content of each drink **Green Smoothies** Fern Green, 2014-08-26 A comprehensive guide to the ever popular green smoothie with all you need to make delicious healthy drinks to suit your lifestyle Feeling tired and run down Looking for a great start to your day Want the perfect juice to help detox your body Inside you ll find 66 illustrated smoothies juices and tonics that will kickstart your metabolism fire up your mind and promote whole body health Includes a 7 day detox plan and a key to the health benefits of each drink with helpful hints on ingredients and kitchen utensils as well This easy to follow book has all you need to make your own delicious smoothies and juices Fern Green is a UK based food stylist Green Smoothies is her first book For more information visit ferngreenfood carbonmade com

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